



Women's Swimming

INFORMATION SHEET
(please read entire Information Sheet carefully)

ENTRIES DUE: Tuesday, February 12th
MEET DATE: Wednesday, February 27th – 7:15 pm – SHARP!
WARM UP: 6:45 - 7:15 pm

General Information

- A. **NO roster changes or substitutions after 12:00 noon on Tuesday, February 26th.**
- B. Each team can enter a maximum of two individuals per event and one relay team per each relay event (2 relay events).
- C. Swimmers are permitted to compete in a maximum of four events, but no more than two individual events.
- D. NCAA rules will govern the conduct of the meet with the exception of the “False Start Rule” at the beginning of the race.
- E. All players must sign an Acknowledgement of Participation Statement before they participate in the meet. Participants not registered in the IM Office will be considered ineligible. All participants must bring their Wash U ID.
- F. Scoring: Individual Events 8-7-6-5-4-3-2-1
Relay Events 16-14-12-10-8-6-4-2
- G. Relay and individual winners will receive championship T-shirts. **(NOTE: If you win more than one event, you will receive only one T-shirt.)**

General Swimming Rules

- A All swimmers leaving their marks before the starting sound shall be charged with a false start. Any swimmer charged with two false starts will be disqualified and shall

not swim the event.

(continued)



- B. Two pistol shots at the start of a race indicates one or more swimmers have obtained an unfair advantage and the starter is recalling the entire field. The starter shall then indicate the swimmer or swimmers to be charged with a false start.
- C. The command for starting a race is “Take your mark.” When the starter sees that the swimmers are completely motionless, the starter begins the race with a pistol shot.
- D. A swimmer may start in the water, but must have at least one hand on the wall or starting block.
- E. Breaststroke and butterfly turns and finishes must be made with both hands simultaneously.
- F. Breaststroke kick may not be used in fly. Dolphin kick and scissor kick may not be used in breaststroke.
- G. Backstroke Turns: A swimmer may roll over to the stomach on the last stroke into the wall. The hand does not have to touch the wall, but the feet do. This technique may not be used at the finish of the backstroke or during the Individual Medley.
- H. In relays, if a competitor leaves the starting platform before the previous swimmer on the competitor’s relay team finishes, the competitor shall be disqualified.

Questions??? Contact the IM Office at 935-5193.

GOOD LUCK!

- LIST OF EVENTS:**
- 200 Medley Relay**
4 women, 50 yds. each
 - 200 Free**
 - 50 Fly**
 - 100 Individual Medley**
25 yds. of butterfly, backstroke, breast stroke, freestyle
(in that order)

(continue on reverse side)

ELIGIBILITY STATEMENT: *My signature certifies that I know and understand the Intramural Eligibility Rules and have completely checked the eligibility of all players on this roster. I assume responsibility for any discrepancies that might arise concerning this roster. I understand that failure to comply with the Eligibility Rules or other Intramural participation rules will result in action as outlined in the Intramural Sports Constitution and By-Laws.*

Signature

Manager's/ Participant's